



BOOKS

OXYGEN THERAPIES - A New Way Of Approaching Disease

By Ed McCabe.

Publ: Energy Publications, 99-RD1 Morrisville, NY 13408 USA.

212 pages, softcover

If you have enjoyed the recent articles in Nexus Magazine about Oxygenation and Hydrogen Peroxide by Waves Forest, then you will love this hard to get book. It contains the best research available in a book to date on ALL these types of therapy.

Includes Hydrogen Peroxide, Ozone, Aerox etc, with laboratory studies, case histories, methods, and sources of information. It is without doubt the most definitive book on this subject, and I urge as many readers as possible to obtain it. (I would suggest your local new age bookstore, but I doubt they would have it, so try the contact list given on page 31 of this issue). This is the book that the medical authorities don't like to talk about.

ELECTRO-POLLUTION - How To Protect Yourself Against It.

By Roger Coghill.

Publ: Thorsons (UK) 1990.

192 pages, softcover, RRP \$14.99

A good book for anyone who wants to know more about electro-magnetic energy. Apart from reading the article on pages 42-44 in this issue there is still not much comprehensive information on this much debated subject.

The book draws on the author's considerable experience as founder of Britain's first consultancy specialising in the monitoring and control of electro-pollution. It includes research on the effects on humans of power lines, VDUs, car telephones, micro-waves, fluorescent lighting, radio and TV waves and many more.

You will all throw out your waterbeds after reading this one.

SECRETS OF THE SOIL

By Peter Tompkins & Christopher

Bird. Publ: Harper & Row, (Perennial Library) USA. 444

pages, softcover. RRP - \$26.00

A remarkable collection of research and information on techniques to improve our soil. Many topics are covered such as Rudolf Steiner's Biodynamic agriculture, Dan Carlson's growth stimulating Sonic Bloom, nature spirits and devas, psychic skills, and ancient antennas of cosmic radiation from Phil Callahan (see article on pages 28 & 29).

For those who read The Secret Life of Plants by the same authors, you will appreciate their talent for digging up interesting and non-dogmatic information which treats living things, such as soil with the respect that it deserves

SUCCESSFUL ORGANIC

PEST CONTROL -

Environment friendly ways to deal with unwanted garden pests and diseases.

By Trevor G. Forsythe.

Publ: Thorsons (UK).

128 pages, softcover, RRP \$12.99

Did you know ...

- that by tolerating your wasps, you could save your cabbages from caterpillars?

- that woodlice in the compost heap speed up the decaying process?, and

- that earwigs do an excellent job in clearing aphids?

All this and other interesting information on how to use organic, chemical free pest control measures, and disease resistant vegetable varieties.

HAND OVER OUR LOOT!

by Len Clampett.

Publ: Len Clampett, PO Box

1863, Launceston. Tas. 7250.

RRP \$6 (add \$2 P+P if by mail)

This book tells you what the bankers do not want you to know, ie the stark simple facts about money

and money flow. It deals with things such as credit creation, (which is only allowed by the Reserve Banks), and has some quite remarkable facts about the history of money and banking.

As the editor of The New Citizen remarked, anybody who has ever complained about bank interest rates should read this book or shut-up!

THE BOOK OF HARMONY SQUARES

Thru Jain (Volume One).

Publ: F.R.E.E.D.O.M.S

Publications. (For Research Expressing Essential Data Of Majik Squares). c/- Majik Square Studio. PO Box 396, Byron Bay. NSW 2481

After 12 years of research Jain has emerged with a truly unique book. It is a masterpiece of illustrating the beauty and intricacy of majik squares. Designed as step by step guide to create your own majik squares, for both young and old, the book itself is sized to the Golden Rectangle (1:1.618)

Available from your local new-age or metaphysical bookstore.

More info on Majik Squares in future issues of Nexus Magazine.

HERBAL TREATMENT OF COMMON AILMENTS

By Gregory Ah Ket. Publ:

Compendium, (Melb).

Distributed by Gordon & Gotch.

160 pages, softcover, RRP - \$16.95

An excellent book by one of Australia's best known herbalists. You will be surprised at the many simple remedies from your average kitchen herb, for problems such as colic, diarrhoea and colds to name a few.

The book is clear on how to identify, prepare and use commonly found herbs, including weeds. In simple language you will learn how to make a poultice, a compress, oil or just plain ointments.

The book is divided into appropriate sections such as 1) the basic principles; 2) the Herbs; 3) the Remedies



REVIEWS

(listed by ailments)

With this book the average person could become quite well informed and end up a lot healthier in the process.

NATURAL HORMONE HEALTH - Drug free ways to manage your life.

By Arabella Melville.

Publ: Thorsons (UK).

176 pages, softcover RRP - \$12.99

If you suffer period problems, premenstrual syndrome or mood swings and irritability, chances are you are experiencing a hormone imbalance.

The author's first book *Cured to Death: The Effects of Prescription Drugs* launched her into the world of more natural means to correct the body's chemical imbalances.

This is a self-help book. It has good information on hormone swings related to pregnancy and childbirth, as well as hysterectomies and menopause.

TAPES

INSTRUMENTS OF PEACE

featuring Singh Kaur

**Distributed by: New Age Music, PO
Box 789Nx, Fremantle, WA 6160.**

Ph: (09) 335 1772

This is one of the new age music tapes with a difference. If you are bored with the same old synthesizer based music in this field, then you will find this tape a refreshing change. The vocals are fantastic, and a pleasure to listen to. Instruments used include flute, keyboards, acoustic & electric guitar, piano and handharp.

The music is original but I was reminded of Joni Mitchell at times and in one song a hint of the Rolling Stones' "Lady Jane".

The tape has been well produced and attractively packaged. All in all I can recommend this as a great listening cassette and gift.